



Council of State and Territorial Epidemiologists

February 2021 Mentor Connection

Happy February, Mentors and Mentees! We hope you have been able to get to know your mentor/mentee a bit better through the goal sharing exercise. Over the next month please find time to complete February's activity, the GPS•R exercise, and discuss with your mentor/mentee(s). These activities in the next couple of months will help to further develop your relationship and meaningfully contribute to your professional development.

Basecamp

- If you have not yet joined the Basecamp group, you can do so [here](#). Please reach out to srichardson@cste.org if you are unable to join the group.
- Feel free to utilize the [message board](#) to add your own announcements or discussion topics.
 - Join the discussion thread about COVID-19 and mental health [here](#)!
- Explore and add to the "Articles to Share" folder.

CSTE Announcements

- The next [CSTE Annual Conference](#) will be held in Pittsburgh, Pennsylvania on **June 13-June 17, 2021**. The theme is "**Building Bridges to Health**". Registration opens February 2!
- The [2021 Jeffrey P. Davis Student Scholarship](#) application is now open. Click [here](#) to apply by the deadline of **March 15, 2021**. Applicants can anticipate

[here](#) to apply by the deadline of March 10, 2021. Applicants can anticipate being notified by mid-April.

Upcoming Tasks

Please complete each task individually and set up a time to discuss together. You can set separate internal deadlines for each task or have a longer conversation about both at once. The activities have been posted on Basecamp.

Please complete the GPS•R individually and set up a time to discuss together.

- Complete doodle poll for [mentor](#) and [mentee](#) group check-in calls (Complete by February 12)
 - The doodle poll allows us to determine what times work best for the groups to hold a check-in call.
- Complete halfway check-in (Due by February 28) *Personalized link sent to participant's email.*
 - The halfway check-in allows CSTE to collect feedback and evaluate what is going well so far in this cohort of the mentorship program and what can be improved moving forward.
- GPS•R exercise (Due at the end of February) *Located in "Docs & Files" on Basecamp.*
 - The GPS•R exercise is intended to have the mentor and mentee consider future career goals, support systems, career development, and self-reflection.

CSTE Webinars

Did you know CSTE records and archives webinars on the [CSTE Webinar Library](#)? Follow the link to the webinar library and then use the search bar to find webinars that might be of interest to you. Here are a few webinar titles you might want to search for.

- Epidemiology in Different Sectors: A Roundtable for Early-Career Professionals
- Is This Really What I Want to Be When I Grow Up? Mentoring, job changes and the joys of a serpentine career.
- Learning to Love Your Logic Model
- Applying for Epidemiology Jobs
- Interviewing for Epidemiology Jobs
- “Is a PhD Right for You?” Series

Optional Activities

- [Program Sustainability in the New Reality of COVID-19](#): February 11, 2021 at 11:00 am EST
 - The purpose of this workshop is to provide the opportunity to create hard and soft measures of performance that align with new sustainability goals created from the onset of COVID-19. We will focus on big, long-term, and effective strategies for sustainability. By the end of the workshop, participants will be able to generate a business model canvas for their respective projects.
- [Effective Health Communication and Health Literacy: Understanding the Connection](#): February 16, 2021 at 1:00 pm EST - Eligible for Continuing Education Credit
 - Are you curious as to why health communication and health literacy are connected? Do you want to be more effective in your written and verbal health written communication? This introductory class to health literacy and health communication will help you understand and raise your awareness of the complexity of these concepts. We will define health literacy, explore how communication and health literacy affects how a person makes health care decisions, discuss disparities in health literacy, and go over best practices for effective health communication. The class will introduce participants to online tools from the National Library of Medicine and other governmental and non-governmental

sources that can help improve health communication and promote health literacy.

- [Virtual Engagement Strategies](#): February 17, 2021 at 11:00 am EST
 - Being able to engage people outside of an in-person space can feel challenging. Whether you're looking to engage with a team of staff working remotely, coalition members who you want to stay connected with outside of meetings, partners spread across a wide geographic distance, or training participants, this workshop will explore practical skills and techniques you can employ for productivity and inclusion. The workshop format will start with brief overview presentations and demonstrations on the following:
 - Project management and communication tools such as Basecamp, Microsoft Teams, and Slack that keep groups connected and productive outside of meetings.
 - Virtual meeting platform of Zoom – highlighting strategies and features for in-meeting engagement and interaction.
 - Padlet as a tool for in-meeting or between-meeting engagement with groups.

Suggested Discussion Topics

Mentors and mentees should be communicating regularly, at least once a month throughout the program. These meetings can happen via video or phone call, email, or instant messenger—whatever works for you!

We will be providing some general discussion topics in each monthly Mentor Connection that can help guide your conversations. See the list below for some ideas for this month.

- Discuss GPS•R exercise
- Other suggestions for discussion include:
 - What are the ethical implications of vaccine supply and prioritization?
 - How will the Healthy People 2030 objectives and topics be incorporated into health policy?

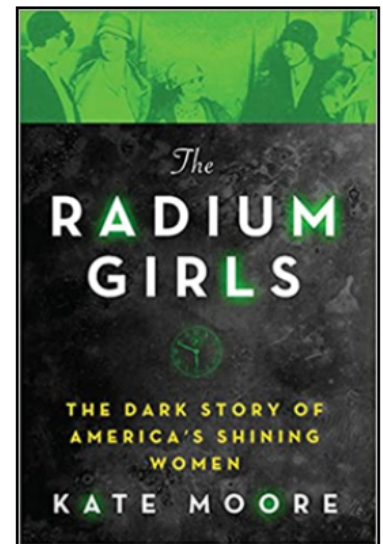
What Are You Reading?

What are you reading? We'd like to know, so tell us how you're expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we'll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique to srichardson@cste.org and we'll take it from there.

This month's recommendation is [The Radium Girls: The Dark Story of America's Shining Women](#) by **Kate Moore**.

From Amazon: The Curies' newly discovered element of radium makes gleaming headlines across the nation as the fresh face of beauty and wonder drug of the medical community. From body lotion to tonic water, the popular new element shines bright in the otherwise dark years of the First World War.

Meanwhile, hundreds of girls toil amidst the glowing dust of the radium-dial factories. The glittering chemical covers their bodies from head to toe; they light up the night like industrious fireflies. With such a coveted job, these "shining girls" are the luckiest alive — until they begin to fall mysteriously ill.



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But the factories that once offered golden opportunities are now ignoring all claims of the gruesome side effects, and the women's cries of corruption. And as the fatal poison of the radium takes hold, the brave shining girls find themselves embroiled in one of the biggest scandals of America's early 20th century, and in a groundbreaking battle for workers' rights that will echo for centuries to come.

Note: While CSTE recommends these books for casual reading, the themes and ideas contained are those of the author, and CSTE does not necessarily endorse or promote them as part of the organizational mission/vision.

Get Inspired!

What inspires you? We will use this section to share motivational and thought-provoking content relevant to public health, professional growth, or other topics that you find meaningful to your work. Submit your favorite online articles, videos, podcast episodes or series, etc. to srichardson@cste.org to be featured in the next Mentor Connection.

- [Focusing on Public Health, Biden to Seek Change With Numerous Executive Orders](#) – American Journal of Managed Care
- [Epidemiology Ranked #4 Top Science Job](#) - U.S. News & World Report



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CSTE Conference